

FALCON FAMILY NEWS

MARCH 2008

CLASS STATISTICS (as of 29 Feb 08)

	Men	Women	Cum
2008	842	188	1030
2009	897	179	1076
2010	895	202	1097
2011	940	235	1175
WING	3599	817	4378

APPOINTEE ORIENTATION AND CAMPUS WALKING TOUR

Sessions are 14-15, 21-22 and 28-29 April 2009. On Tuesday, while the appointees are shadowing cadets all day, we will again offer a campus walking tour of the cadet area to the families. (Note: Since this is a walking tour, it is not recommended for the physically challenged.) The families can drive to the Field House or they can ride an Academy bus from either the Academy Hotel or the Outback Restaurant parking lot. Families can sign up for this tour when the appointees register on line at <https://admissions.usafa.edu/RRX/appointeeregistration.htm> or in Arnold Hall (at the Parents' Club table) on Monday morning. Please do not sign up for this tour if you have to depart earlier than 3:30 pm. Itinerary is below (time of completion may vary).

- 12:00 pm Buses pick up guests at Academy Hotel (outside south gate) and Outback Restaurant parking lot (Commerce Center Drive exit from I-25, west side); or guests drive their own vehicles and park at the Field House
- 12:25 Buses arrive at Field House (all passengers disembark buses)
Passengers with luggage take it inside Field House to secured area
Guests receive passes for tour
- 12:45 Buses depart Field House
- 1:00 Buses arrive Visitor Center
- 1:30 Tour begins – take trail to Sijan Hall
- 1:45 View dorm rooms
- 2:00 Walk to Mitchell Hall (dining room)
- 2:15 Walk to Fairchild Hall, circle 3rd floor
- 2:30 Walk to McDermott Library, tour main floor
- 2:45 Walk to Arnold Hall
- 3:00 Take shuttle bus to Field House (pick up luggage)
Meet appointees

4:30 Buses depart for Colorado Springs Airport
4:45 Buses depart for hotels

Questions: Contact Barbara Gutierrez, Parents' Liaison
Call toll free 877-268-3383 or email: barbara.gutierrez@usafa.edu

DENTAL TRAUMA - WHEN TEETH GET IN HARM'S WAY

By LtCol Ann M. Blake

We all know that the life of an Air Force cadet involves much more than a demanding academic course load. From the first day of Basic Cadet Training to the day of graduation, the cadet is required to participate in physical activities that are tremendously demanding. Intercollegiate athletics, intramural competitions, physical training, military indoctrination, recreational activities enjoyed during cadet down time...any one of these could result in an accidental blow to the head or face resulting in trauma to the teeth. Here at the USAFA Dental Clinic, it is our goal to minimize preventable trauma, but when accidents do occur, we are always on-call to provide the finest professional care for those in need.

PREVENTION

There are a number of simple precautions that can be taken to avoid accident and injury to the teeth. One way to reduce the chances of damage to the teeth, lips, cheek and tongue is to wear a mouth guard when participating in sports or recreational activities that may pose a risk. Mouth guards prevent an estimated 20,000 oral injuries in the U.S. each year. While most people assume that collision sports (football, ice hockey) pose the highest risks for dental trauma, data show that soccer players now have the greatest risk of orofacial injuries, suffering them at three times the rate of football players, while basketball players have double the risk of football and ice hockey players.

This being the case, each and every cadet during BCT in-processing, is provided with a mouth-formed "boil and bite" mouth guard. Cadets are encouraged to wear the mouth guards during all physical activities including military/combat training and intramural sports and competitions. Regardless of the activity--sports, recreation or training--there is no doubt that the most effective means of preventing injury is actually wearing the mouth guard.

TREATMENT

Even with proper mouth and face protection, teeth can still sustain trauma. The impact can result in fractured, loosened, or completely knocked-out (avulsed) teeth. With quick and proper action, many avulsed teeth can be successfully replanted to last for years. The key is to act quickly and follow these five simple steps to save the tooth:

1. Pick up the tooth by the crown (chewing surface), not the root. Handle the tooth carefully to help minimize injury to the root.
2. If the tooth is dirty, gently rinse it with a spray of water. Take care not to handle the root surface. Do not use soap or chemicals, scrub or dry the tooth, or wrap it in a tissue or cloth.

3. Reposition the tooth in the socket immediately, if possible. The sooner the tooth is replaced, the greater its chance of survival. To reinsert, carefully push the tooth into the socket and close the mouth slowly. Hold the tooth in place with fingers or by gently biting down on it.
4. Keep the tooth moist at all times. The tooth must not be left outside the mouth to dry. If it cannot be replaced in the socket, put it in a glass of milk or in the mouth next to the cheek.
5. To maximize the chance of success, a dentist should be consulted as soon as possible after the trauma occurs. A tooth can sometimes be saved even if it has been outside the mouth for an hour or more. But obtaining professional help within 30 minutes significantly improves the odds of successful reimplantation.

Should an accident occur, the cadet dental clinic provides care for dental emergencies during duty hours. After hours and on weekends, one of our staff members is always “on-call” for dental emergencies and trauma. Our two oral surgeons are experts in treating facial trauma and jaw fractures, and the endodontist on staff has extensive experience treating traumatic tooth injuries. With immediate intervention and treatment we can save many teeth that were once considered hopeless.

With our strong emphasis on prevention and round the clock availability of care, the members of the 10th Dental Squadron are committed to ensuring your cadet leaves the Academy with a healthy and winning smile. Please don't hesitate to contact us if you have any questions or concerns with cadet dental care. Contact TSgt Sanya Pospischil or Maj (Dr.) Peggy Dickson at 719-333-5590; or email the dental clinic at USAFA.SGD@usafa.af.mil.

Lt Col (Dr.) Ann M. Blake has been an active duty Air Force dentist for 17 years. She is a 1990 graduate of The Ohio State University College of Dentistry and received her specialty degree in endodontics in 2001 from the University of Medicine and Dentistry of New Jersey. She has been stationed at USAFA since 2004.

CADET TREATS

Due to the increased cost of fuel which has affected all prices, Cadet Treats has to adjust prices for their freshly baked items to reflect the increased cost. As of 1 March, here are the new prices.

Cookies - \$9.00 a dozen (We also changed companies as of March and they are fabulous!)
1/4 Sheet Cake - \$22.95
1/2 Sheet Cake - \$29.95
1 doz. Cupcakes - \$19.95

View the web site at www.usafaservices.com/cadets/treats.htm. Your business and understanding is appreciated.

ATHLETICS

Pole Vault Duo Invited to NCAA Championships

Nick Frawley and Melissa Beerse will represent the Academy at the national meet.

INDIANAPOLIS, Ind. - Air Force sophomores Nick Frawley and Melissa Beerse were invited to compete in the pole vault at the 2008 NCAA Indoor Track and Field Championships. It will be the first appearance at the national meet for Beerse and the second for Frawley, who also competed at last year's outdoor championship.

Frawley is currently ranked fifth in the nation after clearing a career-best 17'10¼" to win the Mountain West Conference title on March 1. He is one of four athletes from the MWC to earn a spot in the 15-competitor field, joining a trio of BYU athletes.

Beerse's Academy record of 13'6½" is the eighth-best clearance in the nation. Like her classmate, she accomplished this feat during an all-conference performance at the MWC championships. Beerse and San Diego State's Stephanie Bagan are the only two members of the conference to be included in the 18-member line-up.

Action begins this Friday, March 14, at the Randal Tyson Indoor Track in Fayetteville, Ark.

Findlay and Steele Earn MWC Women's Basketball All-Conference Honors

Steele earns fourth all-conference honor while Findlay claims first.

COLORADO SPRINGS, Colo. - Air Force senior team co-captains Alecia Steele and Pamela Findlay have both been named to the Mountain West Conference Women's Basketball All-Conference Team as chosen by the coaches. Steele was named third team all-conference and Findlay garnered honorable mention honors.

Steele leads the Falcons averaging 12.3 points per game and is second in the conference averaging 7.4 rebounds per game. The Oklahoma City, Okla., native is Air Force's all-time leading scorer in the Div. I era with 1,232 career points. She also ranks second all-time at the Academy with 765 rebounds. This is Steeles fourth All-MWC honor.

Findlay ranks second on the team in scoring, averaging 10.9 points per game. She is the conference's top free throw shooter, making 87.5 percent of her attempts and is fourth in three-point average, making 39.7 from downtown. Findlay is Air Force's all-time leader in three-point field goal percentage, making 37. This is Findlay's first All-MWC honor.

Air Force Sets Academy-Best Team Score of 340.200

Tyler Sickles (pommel horse) and Greg Stine (still rings) set Academy records.

USAF ACADEMY, Colo. - Backed by two Academy records and 15 personal-best scores, the Air Force men's gymnastics team posted its best combined score of the season - 340.200 - in its

final home meet of the season on Sunday, March 9. The Falcons, who were just edged out by Illinois-Chicago's score of 340.400, posted two new event standards, as well as the team total.

The Falcons upped the program standard on the floor exercise (58.350) and pommel horse (53.050), en route to the Academy-best team score of 340.200. That total bested the old mark of 337.500 that the Falcons set the first weekend of February at Springfield.

In their final collegiate competition at Cadet West Gym, seniors Tyler Sickles and Greg Stine showcased program-best performances. Sickles posted a score of 13.600 to finish fourth on the pommel horse, while Stine won the still rings with a career-best tally of 15.700.



DEPARTMENT OF THE AIR FORCE
10TH MEDICAL GROUP
USAF ACADEMY, COLORADO

12 March 2008

Colonel Alan B. Berg
10th Medical Group
4102 Pinion Drive
USAF Academy, CO 80840

Dear Cadet Parents and Families,

Some of you have probably heard about our upcoming service changes as a result of the Base Realignment and Closure (BRAC) legislation. I want to take the time to tell you about some transitions occurring here at the 10 MDG and how they will affect your cadet.

First, as you may already know, on 7 January 2008 the Cadet/Flight Medicine Clinic went to an appointment-based system. The Cadet Clinic will still be the primary location for cadet care and the appointment system is working well. Cadets can call for appointments at this clinic weekdays from 6:30 am to 4:00 pm, with appointments running from 7:00 am to 4:00 pm, by calling 333-5180.

Second, on 1 April 2008, the 10 MDG Emergency Department (ED) will transition to an Acute Care Clinic (ACC). The ACC will continue to treat patients 24 hours per day, 7 days per week, 365 days per year, as the ED does now. However, it will not treat patients with emergency medical conditions. TRICARE defines an emergency as a medical or psychiatric emergency that leads a prudent layperson to believe that a serious medical condition exists, or that the absence of medical attention will result in a threat to life, limb or sight. If your cadet thinks they're having an emergency, he or she should call 911. Patients with emergencies will be transported by ambulance to the nearest civilian emergency department for treatment.

Here's a quick overview of what your cadet can expect from the new ACC:

1. Hours of Operation: 24 hours per day, 7 days per week, 365 days per year.
2. Easy Access: Cadets will continue to be seen at the Cadet Clinic weekdays during normal duty hours, 7:00 AM to 4:00 PM. However, the Acute Care Clinic will be readily available if appointments are not available at the Cadet Clinic.
3. Appointment-Based Clinic: Cadets may schedule an appointment to be seen at the Acute Care Clinic by calling (457-CARE). This will significantly reduce wait times as they will have a designated time to be seen by our medical staff. Again, cadets should make every effort to be seen at the Cadet Clinic during duty hours, both for continuity of care and convenience of location.

For cadets with appointments at the Acute Care Clinic who don't have the means to transport themselves, transportation can be arranged by squadron leadership, AOCs or via the shuttle service.

Thank you for your continued trust in our staff in caring for your cadets. It is a special honor for us to care for our Air Force future leaders. If you have any questions regarding our new Acute Care Clinic, please do not hesitate to call our information desk staff at 719-333-5111.

Sincerely

A handwritten signature in black ink, appearing to read 'Alan B. Berg', with a long horizontal stroke extending to the left.

ALAN B. BERG, Col, USAF, MC, CFS
Commander